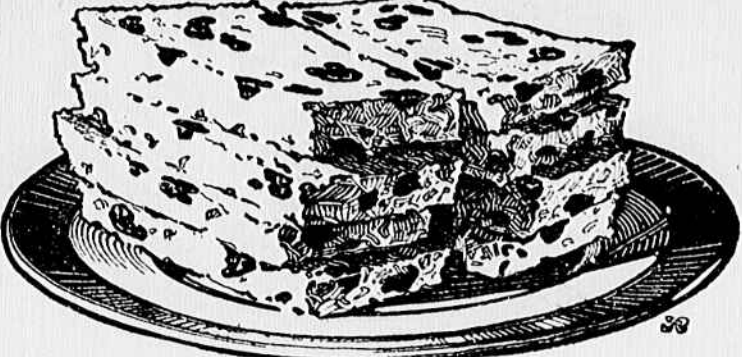


Had Your Iron Today?



## Let's Have Raisin Bread Tonight

HOW long since you've had delicious raisin bread—since you've tasted that incomparable flavor?

Serve a loaf tonight. No need to bake it.

Just telephone your grocer or a bakery. Say you want "full-fruited bread—generously filled with luscious, seeded, Sun-Maid Raisins."

The flavor of these raisins permeates the loaf. A cake-like daintiness makes every slice a treat.

Serve it plain at dinner or as a tasty, fruited breakfast toast.

Make delicious bread pudding with left-over slices.

Use it all. You need not waste a crumb.

Raisin bread is luscious, energizing, iron-food. So it's both good and good for you.

Serve it at least twice a week. Start this good habit in your home today.

But don't take any but a real, full-fruited genuine raisin bread.

Your dealer will supply it if you insist.



## Sun-Maid Seeded Raisins

Make delicious bread, pies, puddings, cakes, etc. Ask your grocer for them. Send for free book of tested recipes.

Sun-Maid Raisin Growers

Membership 13,000

Dept. N-15-3, Fresno, Calif.

IMPROVED UNIFORM INTERNATIONAL

## Sunday School Lesson

(By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)  
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### LESSON FOR JUNE 11

#### JEREMIAH CAST INTO PRISON

LESSON TEXT—Jeremiah 24:1-13.  
GOLDEN TEXT—Be not afraid of their faces: for I am with thee to deliver thee, saith the Lord.—Jer. 1:8.  
REFERENCE MATERIAL—Gen. 39:19-23; Jer. 20:1-18; Luke 3:18-20; Acts 12:1-11; 16:19-24.

PRIMARY TOPIC—How God Cared for Jeremiah.

JUNIOR TOPIC—Jeremiah's Bold Truth-telling.

INTERMEDIATE AND SENIOR TOPIC—Faithful in the Face of Danger.

YOUNG PEOPLE AND ADULT TOPIC—Lessons From Jeremiah's Character.

I. Jeremiah Predicts the Capture of Jerusalem (vv. 1-3).

1. To Whom—the People (v. 1). Jeremiah had been taken out of the prison by the king (37:17), and ordered confined to the court of the prison (37:21). The people seem to have had free access to him in the court (32:12). From this place of limited confinement Jeremiah announced to the people their approaching captivity.

2. Counsel Given (vv. 2, 3). (1) All that remaineth in the city shall die by the sword, famine and pestilence. (2) He that goeth forth to the Chaldeans shall live. "He shall have his life for a prey" doubtless means that he shall escape with his life, though losing all else.

II. Jeremiah Accused by the Princes (vv. 4, 5).

1. "He weakeneth the hands of the men and all the people" (v. 4). From a human standpoint what they said was true, but since Jeremiah was but the interpreter of God to the nation they ought to have heeded his advice to surrender.

2. "This man seeketh not the welfare of this people, but the hurt" (v. 4). This charge was utterly false. Jeremiah was the best friend of the people, for he faithfully proclaimed to them God's judgment upon them for their sins and advised them how to make the best of their unfortunate situation.

3. The King's Cowardly Act (v. 5). Jeremiah is abandoned by his cowardly friend. The very one whom Jeremiah was trying to help deserted him. The king was afraid of the Chaldeans, the princes, Jeremiah and God.

III. Jeremiah Cast Into the Dungeon (v. 6).

This was not a regular prison, but a cistern which had doubtless been emptied of its water during the siege, leaving only "mire." Into this mire he sank. The purpose was to let Jeremiah die there. There was no possible way to escape. In this situation Jeremiah is a type of Christ (Psalm 69). Jeremiah was one of the bravest of God's servants.

IV. Jeremiah Rescued From the Dungeon (vv. 7-13).

1. By Whom—Ebed-melech, an African servant (vv. 7-9). The Jewish prophet whom his own countrymen tried to destroy is saved by a Gentile, which may be thought of as foreshadowing the Gentiles' attitude toward Christ. Though Ebed-melech had a colored skin he was the whitest man in Jerusalem. He was not only sympathetic, but courageous. He went to the king and boldly declared that the princes had done evil in imprisoning Jeremiah.

2. The Method (vv. 10-13). The king yielded to his request and furnished a guard to prevent interference with the work of rescue. He let down soft ropes and worn-out garments by ropes and instructed Jeremiah to put them under his arms and under the ropes so as to prevent injury to him as he was lifted up. They lifted him out of the dungeon and he was permitted the freedom of the court of the prison.

Why did Jeremiah have such a hard time? Why do the purest and best men and women have to suffer? Why are God's prophets unpopular? Jeremiah, the prophet who declared God's power to deliver, goes to prison and suffers. "Why do the righteous suffer" is an age-old question.

1. The power of God is more strikingly shown in deliverance than in keeping from trials. This was so in the case of the Hebrews in the fiery furnace and Daniel in the den of lions.

2. Great gain accrues to the sufferers; e. g. the Hebrews in the fiery furnace were not only kept from being burned, but had walking with them the Son of God; Job through his trials was brought to see himself.

3. Suffering turns out to the furtherance of God's cause; e. g. Job becomes the priest through whose intercession his friends are pardoned; Paul's sufferings furthered the preaching of the gospel; John through banishment on the Isle of Patmos was given the vision of the Revelation.

Zion.

But Judah shall dwell for ever, and Jerusalem from generation to generation. For I will cleanse their blood that I have not cleansed: for the Lord dwelleth in Zion.—Joel 3:20 and 21.

Be Honest.

Recompense to no man evil for evil. Provide things honest in the sight of all men.—Romans 17.

The Perfect Man.

If any man offend not in word, the same is a perfect man.—James 3:2.

## The KITCHEN CABINET

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"Is life worth living? Yes, so long as there is wrong to right. So long as faith with freedom reigns. And lowly hope survives. And gracious charity remains. To heaven lowly lives; And men are free to think and act. Yes—life is worth living still."

### EVERYDAY GOOD THINGS

The keynote to success in cookery is accurate measurement and accurate utensils. A measuring cup may look all right, but may vary from one to three tablespoonfuls.

This is often true of the glass ones as a heavy bottom deceives the eye.

There is no such thing as luck in cookery. Accurate measuring and careful following of a recipe will bring good results.

All measurement in most cook books today are level and uniform. Heaping and rounding measures are rarely uniform even with the same individual.

Reliable Prune Cake.—Take one cupful of boiled sweetened prunes, one cupful of sugar, one-half cupful of shortening, three eggs, one-half teaspoonful of nutmeg, one-half teaspoonful of cinnamon, one-half teaspoonful of cloves, one teaspoonful of vanilla, one teaspoonful of soda, two and one-half tablespoonfuls of lemon juice and prune juice, mixed, and two cupfuls of flour. Cream the shortening, add the sugar and then the eggs well beaten. Beat thoroughly. Add the prunes finely chopped, the soda dissolved in the fruit juice and the remainder of the ingredients. Bake in two layers and use a mocha filling; or one of lemon is very good.

Lemon Cake Pudding.—Sift five tablespoonfuls of flour, two cupfuls of sugar, and one-fourth of a teaspoonful of salt, add two cupfuls of milk, the beaten yolks of four eggs, one tablespoonful of butter and the juice of three lemons; mix and fold in the whites of the eggs beaten stiff. Pour into a buttered baking dish and bake in a slow oven for nearly an hour. Serve very cold.

Mock Chop Suey.—Cook one-half cupful of rice in boiling salted water until nearly done. Strain one pint of tomatoes through a colander, chop one Spanish onion very fine. Mix one-half pound of hamburger steak, two ounces of suet, two teaspoonfuls of salt, pepper to taste and a dash of cayenne. Mix all the ingredients and bake in a two-quart baking dish for one hour. Serve hot.

Gingerbread Nuts.—Put a pound each of brown sugar and honey and the grated rind of a lemon in a saucepan and simmer. Remove and add one-fourth pound of butter, one ounce of ginger, one teaspoonful of soda, and two pounds of flour. Roll thin, cut in rounds and bake in a slow oven.

It may be proved with much certainty that God in and no man to live in this world without working; but it seems to me no less evident that He intends every man to be happy in his work. It is written, "in the sweat of thy brow," but it was never written, "in the breaking of thy heart," thou shalt eat bread.—John Ruskin.

### HELPFUL SUGGESTIONS

To the small town or country housewife who has not easy access to a market there is a great satisfaction in the knowledge that no matter who comes she is prepared for an emergency. This first aid in an emergency is a well-stocked shelf kept filled with foods which may be used in a hurry when husband brings home unexpected company.

With canned soups or home canned soups or broths one may make a good dish for the beginning of a meal, then with a jar of salad dressing some sort of a salad is usually easy to prepare. If one has time a berry pie makes a fine dessert; or a shortcake, using canned fruit, is always a favorite. The foods used will depend, of course, upon the taste of the family, and if one is to be prepared the canned food, whatever it is, should be replaced at the first opportunity.

A few cans of fish, such as salmon and tuna, sardines and clams, if liked, some jars of sliced dried beef, and bacon, peanut butter, cans of corn and tomatoes, with a bottle of good salad dressing, which may be stretched by the addition of cream, a box or jar of cheese, are a few of the foods which will be most commonly used, not forgetting several cans of good soup. A most delicious tomato sauce may be made in a hurry from a can of tomato soup, using it with cold meat or hamburger steak, if at hand.

When taking dishes to a church supper or hall, mark them with small bits of adhesive tape with the name written in ink. This will not wash off at all easily, and one may identify one's property with little difficulty.

When baking a crust for a filled pie, bake it on the bottom of the pan, pricking it lightly with a fork; this keeps the crust from blistering.

To make bias binding take the binder from the sewing machine and press the material as it is drawn through the binder.

Nellie Maxwell

## CAN NOW WALK AS WELL AS EVER

Esteemed Lincoln Resident Declares Tanlac Has Made a Clean Sweep of Her Rheumatism and Other Troubles.

"I couldn't believe all they said about Tanlac until I tried it myself, and now I never doubt what I read about it," said Mrs. Anna B. Crawford, 2500 N. 23rd St., Lincoln, Neb., wife of a well-known retired business man.

"I got into a badly run-down condition," she continued, "and suffered greatly from indigestion. I had headache for days at a time, slept poorly and woke up mornings so weak and dizzy I could hardly get up. Then rheumatism set in and made walking difficult and I could scarcely use my arms for the pain."

"But Tanlac has made a clean sweep of my troubles, brought back my appetite and enabled me to gain much weight. It is a pleasure to make a statement in praise of this great medicine."

Tanlac is sold by all good druggists.

But He Was Wrong.

There is a good story told of the Aga Khan, the great Mohammedan potentate. He has a fine taste in champagne, and an Englishman, who was dining at the same house in Paris, asked him how he, as an orthodox Mohammedan, could touch alcohol in defiance of the Koran.

"Oh," said the Aga Khan, "that is simple. I am a holy man, and when alcohol touches my lips it becomes water."

Some time later the prince was dining with the same Englishman, and the latter poured him out a glass of water, when he looked dubiously at it.

"I thought that if champagne, when it touches your lips, becomes water," his host remarked, "surely water would become champagne."

DISCOURAGED AND MISERABLE

Virginia Lady So Weak She Could Hardly Get Around—Says Cardui Helped Relieve a Serious Condition.

Kingwood, Va.—Mrs. D. T. Barker, of a well-known Pittsylvania County family, residing on Route 2, here, says that upon reaching a critical period of her life she was "in a very serious condition."

"I was so weakened until I couldn't get around," Mrs. Barker relates, "I couldn't sleep. I was so blue and out of heart. I had no appetite."

"I was . . . try medicines, and grew weaker and weaker, more out of heart every day. I would get up and try to drag around, and feel so miserable, and creep back to bed."

"My husband bought me Cardui. I thought the first bottle helped me, and when I began the second, I knew it did. I kept it up—each day growing a little stronger, a little more like my former self, and I began to eat and sleep."

"It sure wasn't long until I was up and around like another woman. No more dragging; no more weak and blue feeling. It cured me. I used seven bottles in all."

Thousands of women have suffered as Mrs. Barker describes, until they found relief from the use of Cardui. Since it has helped so many, you should not hesitate to try Cardui. If troubled with womanly ailments, take Cardui, the woman's tonic. For sale by all good druggists.

The Stutterer's Lament.

A stranger asked a passer-by the way to St. Paul's cathedral.

The other man said, "Well, you go along th-th-there, and strike the f-first turning to the r-right; and then str-str-straight on."

The stranger thanked him and moved on, when the man he had accosted said: "Exc-use me, b-but can you tell me how m-many p-people there are in London?"

"Well," said the stranger, "I be-lieve there are about seven million."

"Then," said the man, "why d-did you p-pick on me?"—London Mail.

A humorist's chief success is in pointing out what isn't worth fussing over.

## TOO LATE

Death only a matter of short time. Don't wait until pains and aches become incurable diseases. Avoid painful consequences by taking

## GOLD MEDAL HARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles—the National Remedy of Holland since 1895. Three sizes, all druggists.

Look for the name Gold Medal on every box and accept no imitation

No Soap Better

For Your Skin

Than Cuticura

Soap 25c, Ointment 25 and 50c, Talcum 25c.

Gray Hair

Is out of fashion; is unnecessary—for you can have abundant hair of the original color by using Q-Ban Hair Color Restorer—Safe as water—try it. At all good druggists, 75 cents, or direct from HESSE-ELIAS, Chemists, Memphis, Tenn.

Kill All Flies! THEY SPREAD DISEASE

Protect your home, DAISY FLY KILLER. Attracts and kills all flies. Neat, clean, ornamental, convenient and safe. Lasts all season. Made of metal, can't spill or tip over; will not soil or injure anything. Guaranteed.

FLY KILLER

5 by EXPRESS, prepaid, \$1.25.

HAROLD SOMERS, 50 De Kalb Ave., Brooklyn, N. Y.

Hay Fever and Catarrh

Sufferers Get quick, lasting relief by using—

No-POLLEN Guaranteed

Money refunded if it fails

FREE TRIAL BOTTLE. Ask your druggist or

No-POLLEN CO., 19 Opera Pl., CINCINNATI, O.

Wanted CIGAR SALESMAN

\$25 to \$35 per week

and expenses. Experience unnecessary. Send

addressed stamped envelope for information.

Royal Tobacco Co., High Point, N. C.

The Better 'Ole.

A bad fire broke out in a garage on the main automobile route between New York and Boston and apparatus from half a dozen nearby small towns were rushed to the scene. When the chief of the first apparatus to arrive dashed in, he was amazed to see the proprietor sitting on a chair in the middle of the flaming structure.

"For Pete's sake, get out quick!" bellowed the chief. "This place is full of gasoline and it'll be blown sky-high any second."

"Can't leave," calmly retorted the proprietor. "A guy said he'd drop around in ten minutes and pay me five dollars he's been owing me for a month."

LADIES CAN WEAR SHOES

One size smaller and walk in comfort by using ALLEN'S FOOT-POWER, the antiseptic powder for the feet. Shaken into the shoes and crinkled in the foot, Allen's Foot-Powder makes tight or new shoes feel easy, gives instant relief to corns, bunions, and calluses, prevents blisters, chafes and Sore Spots.—Advertisement.

Established a Record.

An Irishman, who was to return to his native land by a certain steamer, arrived on the pier just as the vessel was starting—in fact, she was already on the move.

Taking a flying leap, he covered the intervening space of six or eight feet at a bound, but tripped on alighting and hit his head, temporarily stunning himself.

When he recovered his senses, the vessel was a couple of hundred yards out at sea.

"Be jabbers!" he exclaimed, not realizing what had happened, "what a jump."

Just upon leaving Dr. Peppin's "Dead Sinner" and the druggist will not make upon your having bought one of a single dose of "Dead Sinner" in all you need to rid the system of Worms. A 50 cent bottle saves you time, trouble, and inconvenience. 373 Pearl St., New York City.—Advertisement.

Getting It Straight.

He—So you have finally decided that you cannot marry me.

She—You are mistaken. I knew all along that I could marry you. What I've decided is that you cannot marry me.—Eastern Transcript.

It is utterly impossible to drive a man to drink who isn't headed that way.

## Let the children share this mealtime beverage

No NEED to warn the little folks away from the table beverage when Postum is served; every reason to invite every member of the family to join in the enjoyment of this wholesome, satisfying drink.

Postum is made from Nature's best grain—wheat, and contains nothing to harm nerves or digestion.

You'll greatly relish its full-bodied flavor and aroma.

Your grocer has Postum in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for fully 20 minutes.

## Postum for Health "There's a Reason"

Made by Postum Cereal Company, Inc. Battle Creek, Michigan



**A Grateful Mother writes:**

Galveston, Texas, March 12, 1920.

Anglo-American Drug Co., New York, N. Y.

Dear Friends:

I want to tell you, as well as thank you, for what your preparation has done for my baby. He was a little, cross, crying baby. But now he is a big, fat baby, and I cannot speak too highly of your preparation.

I know there is nothing that can come up to Mrs. Winslow's Syrup for a baby and I feel that it was a God-sent blessing to me. I will tell my mother what it has done for my baby.

With all good wishes to you and your preparation.

Respectfully,  
(Name on request)

Diarrhoea, colic, flatulency and teething troubles are relieved by this safe, pleasant preparation. Non-narcotic, non-alcoholic.

**MRS. WINSLOW'S SYRUP**

The Infants' and Children's Regulator

Open formula on every label. At All Druggists.

ANGLO-AMERICAN DRUG CO., 215-217 Fulton Street, New York

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